



H-PLUS Function Exercise: LET GO

Function Command:

PLUS-LET GO

Purpose:

This is your H-PLUS Function exercise to learn to release a disturbing emotion whenever you so desire.

Application:

For insertion in life situations where emotional elements become overwhelming to a degree that other factors lose their proper relationship in the basic decision-making process. To be used as needed where calm and objective appraisals are vital to well-being.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **LET GO** is potentiated by the H-PLUS Functions **RELAX**, **ATTENTION**, **RESET** and **OPTIONS**.

Examples – RELAX and LET GO can help when your children's behavior has pushed you to the brink. If you're angry, hurt and frustrated with someone, try **RELAX**, **ATTENTION** and **LET GO** for an assist in discussing feelings objectively. If you're depressed by feelings of failure in some endeavor, use **RESET** for the dark mood, **LET GO** to release the negative emotions and **OPTIONS** to explore other courses of action.

Please Note:

- You may observe yourself acting calmly in situations where anger, fear, sadness or hysteria would have overwhelmed you.
- You may notice that outside occurrences and people no longer "push your buttons."
- **LET GO** is for use as needed to allow calm and objective appraisals vital to your well-being (not all strong emotion is undesirable).

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Interstate Industries, Inc.
at The Monroe Institute
P.O. Box 130
Nellysford, VA 22958
(804) 361-1500